



H.E.F. CANADA QUARTERLY

The Human Ecology Foundation of Canada

Vol. V, No. 2 (June, 1983)

Contents

Notes From the Editor	1
Letter From Your President	3
Report: Annual Meeting, H.E.F. Canada	4
Branch Reports	5
Biographical Notes	6
A Note from Mary Nelson	8
Impressions	11
A Matter for Clarification - Brenda Koski	12
Alternative Schools	13
Acquiring a B.A. or B.Sc. by Correspondence, Shirley Smith	14
Future Seen For Courses By Phone	16
Ecology on a Deadline - Emile Rocher	19
Quality Levels of Eating - Dr. Ross Hume Hall	22
My Views on Basic Nutrition: The Survival of the Food Allergic Person, Dr. I. Korman	28
Allergy Substitutes - Lise Colley	31
Substitute Foods - G. Joy Underwood	35
Recommended and/or New Books	38

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THE HUMAN ECOLOGY FOUNDATION OF CANADA

The H.E.F. Canada Quarterly

The H.E.F. Canada Quarterly is a publication of The Ecology Foundation of Canada, a charitable organization under Canadian law, operating on a non-profit basis. The Quarterly is for people who are interested in health and its relation to our environment. It deals primarily with research in the field of clinical ecology, and also describes how people have improved their health by changes in habits, diet and environment. As such, it does not offer medical advice, and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

The Human Ecology Foundation of Canada

One of the purposes of the Human Ecology Foundation is to promote the free exchange of information on the prevention and treatment of ecological illness. People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, or in water.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as allergy. But the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life and career.

On a local basis, HEF Branches work toward finding sources of chemically less-contaminated food, water, clothing and household furnishings, as well as providing counselling on changes of lifestyle that may alleviate symptoms. The Foundation and all its Branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

Subscription and Membership

Membership in the Foundation includes a subscription to The H.E.F. Quarterly, which is produced four times per year. Annual membership and subscription fee **\$20.00**

Advertising Policy

Advertisements are for support of the magazine only and do not in any way imply that the Human Ecology Foundation endorses any particular products or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

Notes from the Editor

Volume Number was Incorrect

First an apology: the volume number for the March, 1983 issue should have read Volume V, No. 1, March, 1983. This issue, then, is Volume V, No. 2, June, 1983.

We Want to Hear From You

I want to thank the people who have contributed to the Quarterly during the past year. You've made my job much easier and much more interesting. As you will see from excerpts throughout this issue of the Quarterly, our readers have found your contributions most helpful. The one comment I hear about the Quarterly is, "I really appreciate the articles by the other people in the organization. It really helps me feel I'm not alone." We'd like to hear from more of you. If you have a personal success story you'd like to share, if there are articles you'd like to share, please send them to head office. If you are typing your submission, please double or triple space.

The New Membership Rates

Our costs have escalated as have those of virtually all other organizations and businesses. Accordingly, the annual fee for membership in the Human Ecology Foundation has increased to twenty dollars (\$20.00) per year. That increase was approved by the members at the annual business meeting of the foundation in April.

The Human Ecology Foundation of Canada's "Common Sense Cookbook"

The cookbook which the Hamilton Branch has been compiling during the past two years was presented at the annual meeting in April. You will find more information on page of the Quarterly. Recipes range from the very simple to the complex. The book is beautifully bound and fully indexed. This was a Herculean task. The foundation wants to express its gratitude to the Hamilton group, and especially to Lorraine McMillan and Gladys Weaver for their dedication to the organization.

The Absence of Paid Advertising

Henceforth, there will be no paid advertising in the Quarterly. If we do not accept paid advertising, the Quarterly qualifies as educational material and is eligible for both provincial and federal tax exemptions. It is financially advantageous for us to become a purely educational journal.

Meanwhile, we would like to thank our previous advertisers for their support for us as individuals and as an organization. As individuals, we will continue to need your services. Keep up the good work.

The New Board of Directors

At the annual meeting in April, the new slate of officers was installed: President: Darlene Koski
Vice-President: To be filled at a later date.

Secretary: Frances Korman
Treasurer: Ted George
Medical Director: Dr. John G. MacLennan
Directors: Dr. John Blair
Dr. Irvine Korman
Linda Brooks (President-Ottawa Branch)
Anne Schreiter (President-Kitchener Branch)
Shirley Smith (Editor, the Quarterly)
Gladys Weaver (President-Hamilton Branch)

Vacant positions will be filled as soon as possible.

Darlene Koski will be serving as both president of the Toronto Branch and of H.E.F. Canada. She is a dedicated, efficient and caring woman. We are very lucky to have such fine leadership.

The Retiring Board of Directors

Terms for Eric Gudgeon (president) and Ron Vince (treasurer) have expired. Both men have been of invaluable service to the organization and we thank them for their time and efforts.

Eric has been instrumental in drafting a proposed new constitution for H.E.F. Canada. You will be hearing more about this constitution in future issue of the Quarterly.

Ron has contributed in many areas over the past years. In the year 1982-1983, he served as a member of the editorial board for the Quarterly and untangled and supervised our finances.

At the annual meeting the resignations of Shirley Mertens (Past-president, Kitchener Branch) and Neil Fitzpatrick (Past-president, Ottawa Branch) were regretfully accepted. The foundation would also like to thank Shirley and Neil for their diligence on behalf of the organization.

Future Themes for the Quarterly

As you will have noticed, only a few of the articles in each issue are directly related to the theme. We welcome any and all contributions. The theme section of the Quarterly for the next year will be devoted to:

- (1) "Indoor Air Pollution" (September)
- (2) "Organic Gardening" (December)
- (3) "Health Hazards of the Work Place" (March)
- (4) "The Effects of Ecological Illness on Family and Social Relationships" (June)

Letter From Your President

As the new president of the Human Ecology Foundation of Canada, I extend wishes to the membership for a healthy and productive year. I have had numerous years of organizational and executive experiences and I look forward to implementing some of the strategies accumulated from my past. Because of my own improved health, I feel I must give something back to the foundation and stimulating and energizing this worthwhile organization will be a positive step forward. During the year 1983-84, our common goal should be that of growth, for growth indicates health. A healthy organization has many aspects: participation, enthusiasm, creative thinking, learning, future-planning and increasing membership are but a few.

The branches are formed by dedicated people who give of their time and talents; they can always use more volunteer help. Maybe you are just the person they need for a specific task. In my next communication with you, I hope that we have surpassed the 1000 member mark. Let us all put forth the extra effort. Help a friend. Tell them about our Foundation.

On behalf of the Board of Directors, I wish you the best of health.

Ecologically yours,

Darlene Koski - President

Human Ecology Foundation
of Canada

QUARTERLY STAFF

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Report: Annual Meeting, H.E.F. Canada

Saturday, April 30, 1983

Mississauga, Ontario

The annual meeting was hosted this year by the Toronto Branch of H.E.F. Canada under the direction of its president, Mrs. Darlene Koski.

The Business Meeting

The major decisions from the morning's business meeting concerned the increase in H.E.F. Canada membership fees from fifteen (\$15.00) to twenty dollars (\$20.00) per annum and the composition of the 1983-1984 Board of Directors.

The Speaker

Dr. Francis J. Waickman, M.D., internationally known lecturer and teacher from Cuyahoga Falls, Ohio, selected, "Accentuate the Positive Through the Management of Ecological Illness" as the topic of his address.

Dr. Waickman is one of the original members of the Society for Clinical Ecology, its past-president, and its current Director of Education for Continuing Medical Education. He also maintains an active practice in general and paediatric ecology. He is, therefore, steeped in the latest research in the field of human clinical ecology.

Dr. Waickman emphasized the fact that eighty percent of the diagnosis in this field is still based on the patient's detailed medical history rather than on testing and physical examination. But he also stated that more and more research now being reported in the leading medical journals is beginning to verify and explain some of the concepts of human clinical ecology. In other words, there is a slowly growing body of research findings legitimizing what the human clinical ecologists have been saying for years.

To "accent the positive" further, Dr. Waickman showed slides of patients before and after treatment and provided case histories which dramatically illustrated the gains to be made from adopting the "ecological life-style". He spoke, for example, of the hyperactive child whose parents thought he was bright, but whose I.Q. tested out at 65 (a very slow learner). He had a history of frequent attacks of croup, blisters in the diaper area, personality changes, frequent infections and seasonal manifestations of symptoms as well as problems when he was exposed to varnish or insect sprays. Six months after he began a strict ecological management programme, his I.Q. tested out at 129 (very bright).

Dr. Waickman touched on research which may lead to new methods of attacking the allergic syndrome, but perhaps his most meaningful comment had nothing to do with medical science. It did, however, have to do with the quality of our lives, with accentuating the positive, "Remember, no act of kindness is ever too small."

BRANCH REPORTS

OTTAWA

- (1) The executive have revised the "Welcome Kit" and is putting together an information kit introducing the Human Ecology Foundation which is to be placed in doctors' offices.
- (2) Several books have been purchased for the library, and another group of publications is under review for purchase.
- (3) Ottawa's newsletter now has a name: "Eco-Sense".
- (4) The last two general meetings proved to be very interesting and helpful. In February, Allison Black, R.N., and author of Nutrition: Back to Basics explained how to set up a nutritionally balanced rotation diet; in March, we had an informal information-sharing evening. Members exchanged recipes, information on product sources, travel, dining out, and general problems. A video copy of the CBC programme "Twentieth Century Disease" was also shown. At the April meeting the topic was "Organic Growing: Benefits and Techniques".

Faye Georganas

TORONTO

A new year has begun for the Human Ecology Foundation and the Toronto Branch has five specific objectives:

- H. - healthy hopes
- E. - expanded energetic executive
- F. - friendships within the foundation
- O. - open-line telephone communication
- C. - continued growth of "Inkblots"

Darlene Koski

KITCHENER

The Kitchener Branch is beginning a major education and fund-raising drive. Members are out in the community selling tickets for a draw to be held on Saturday, November 19, 1983. The prizes are: (1) an oil painting (Value \$300.00) donated by professional artist Colleen J. Crowe, one of their members (2) a gift certificate from Sooter Studios for an 8"x12" studio portrait (3) a \$25.00 gift certificate from the John Galt Centre in Cambridge (4) a \$5.00 gift certificate from Kord Wainer Shoes.

Proceeds from this venture will be used to purchase educational materials on allergy and ecological disease for the branch and for the various public libraries in the area.

The meeting on Saturday, November 19th, at which the draw will be made, will be open to the public and will feature Dr. Irvine Korman speaking about "Candida Albicans".

BIOGRAPHICAL NOTES

In an attempt to introduce our readers to people active in the field of human ecology, the Quarterly will, henceforth, include biographical notes on our contributors. We are beginning this series with articles on Lise Colley who wrote the article, "Allergy Substitutes", and Dr. Irvine A. Korman, who wrote, "My Views on Basic Nutrition".

Lise Colley

Lise Colley and her husband, James, are the owners and managers of the "Natural Food Market" on Bridgeport Road in Waterloo, Ontario. Six years ago they decided they were tired of going to the super-market for groceries and going home empty-handed because the stores carried nothing their four allergic children could eat. Consequently Lise quit her job as a seamstress for a bridal salon and James quit his job in a machine shop. They borrowed \$3,000.00 and opened a small health food store designed to help other parents whose world had also crumbled when they discovered that their children had multiple food and chemical sensitivities.

Lise reports that at the time they had just moved into a new home and added a fourth child to their family. She says that they not only put themselves out on a limb, but that they also sawed off that limb! To-day, none of them would ever go back. The children, one of whom was considered by the school to be unmanageable when he wasn't on ritalin, are doing well at school and have not been ill since they were placed on their diets. The business is booming and each day brings at least one new customer who needs Lise's help in finding substitutes for the food-stuffs she can no longer use to feed her family.

Lise is currently finishing her B.Sc. in nutrition from the University of Donsbach, Huntington Beach, California, working as a nutritional consultant in the business, and speaking to groups inside and outside the Kitchener-Waterloo area about nutrition as it pertains to allergy and ecological illness.

It is Lise's contention that there is nothing you have ever eaten that you can't have naturally, if you will learn how to substitute.

Dr. Irvine A. Korman

Dr. Korman was born in Fort William (now Thunder Bay), and graduated from the University of Toronto (Hons. Biochemistry) in 1951 and from medical school in 1955. Subsequently he interned at the Toronto Western Hospital and did his Specialist's training in gastrointestinal diseases.

Dr. Korman practised internal medicine and gastroenterology in Brandon, Manitoba, and in Toronto, before joining the life insurance industry (1965-1971). Here, Dr. Korman became especially concerned with preventive medicine.

In 1971 Dr. Korman returned to private practice. He also began to teach at North York's Branson General Hospital where he started a medical and surgical nutritional service in 1975. Dr. Korman gives much credit for his nutritional awakening to the practising Adventist physicians and administrators of this hospital.

In 1979 Dr. Korman's world was turned around when environmental illness struck his two daughters as they studied at York University. In his search for help for them, he was introduced to Dr. John MacLennan by Bruce Small. In November, 1979, Dr. Korman attended his first Clinical Ecology seminar; in June, 1980, he, his wife, Frances and their daughter, Lucinda, attended the basic course in Clinical Ecology, and in 1982, daughter, Alice joined the family practice.

In December, 1981, Dr. Korman resigned from the roster of active staff at the Branson General Hospital, and became a full-time Clinical Ecologist.

Dr. Korman is currently a consultant to H.E.F. Toronto and a director of H.E.F. Canada.

A NOTE FROM MARY NELSON

This is not a good day to be writing a letter. I'm not sure my brain will function from start to finish. I'm sick today. It started at 2 a.m. when I suddenly awoke nauseated and in pain and had to rush from my bed to the bathroom, throwing up on my bathrobe enroute. I spent a long time hanging weak and trembling over the big white bowl, cleaned things up as best I could, then went back to bed. My body had warned me earlier in the evening, but I wasn't listening, and so I'm paying the price today for living like an Earthling yesterday.

The problem started yesterday morning after I got my allergy shot in my downtown clinic. I felt great. Spring was in the air, along with dust and gasoline fumes and acrylic-clad pedestrians wearing perfume and aftershave. I walked down the main street, stopped in three bookstores, visited friends and drank two cups of instant coffee with Coffee-Mate (tasted great) before wandering back through shoppers and diesel busses and cutting through a shopping mall. Half way through the crowded mall, a wave of heat and nausea hit me. A warning signal. I moved as quickly as I could, "Got to get out of here. Overload." I went immediately to a predetermined (relatively safe) meeting place and waited for my husband to arrive to see me safely home. Home is where the air cleaners are. Home is a sanctuary free from chemicals and synthetic fabrics and polluted air and perfume. "Actually", I thought, "I'm feeling pretty GOOD now. Stimulated!"

I knew I shouldn't have eaten the hot red peppers with my dinner. I'd had them the day before, and they are known to be one of my allergic foods. I should know better, right? I should have known better than to eat popcorn again. Or coconut cake. I know they don't make me feel good. But last night I was invincible!

I ate a teaspoon or so of peanut butter the night before that. I know I shouldn't have, but I was craving it terribly. Lately I've been giving up treats for my sweet tooth, and, therefore, I can always rationalize giving IN to non-sweet treats. Especially when I'm in the grip of a stimulatory allergic overload. Knowing is NOT always doing!

I have gout in my toe and arthritis in my wrist and a dull ache in the muscles of my back. I have asthma. I'm depressed. I hurt and I'm afraid I may have to throw up again. I know it is my own fault. We never completely free ourselves from the 'Denial Phase' of allergy, do we? There is always that hope that TODAY will be different. Maybe it is all in my mind after all. Maybe it won't hurt to go shopping, or share a cup of coffee in a friend's office, or eat one of my favourite foods or sweet treats. Or two. Or three. The stimulatory phase of allergic reaction is the silken glove that hides the fist that hits you mid-diaphragm at 2 a.m.

Hot baths and glasses of water and baking soda and rocking chairs help you to get through the withdrawal phase. You mutter "This too shall pass", and thank God for an understanding family. You're off on your own planet, Jupiter, recovering from an adventure on Planet Earth. You are an ecologically ill, allergic person back in the 'Acceptance Phase', vowing to be more careful for a while. For a LONG while. It won't go away just because you WISH it to! Your sickness is a reminder of the restrictions you have violated. Life in the slow lane? You bet!

For the fortunate majority of people who have no direct awareness of the disease we call ecological illness, it's hard to realize how sick an allergic patient can be as a result of doing just a few of the ordinary things they do daily. It is easy to assume we are truly the 'lunatic fringe' the medical establishment continues to claim we are.

In my 'old life' I was a writer/broadcaster. In the life before that, I was a professional singer. Illnesses of one sort or another put an end to many phases of my life. Like it or not, I was able to survive the first forty years of my life, and for that I am grateful. There were times I didn't believe I'd live to SEE forty. The doctors told me there was nothing wrong with me. They told me it was all in my head. Manic-depressive, psychotic, schizophrenic head, I might add. "Take two valium and call me in the morning." "Exploratory surgery is indicated." "The tests came back negative."

Peanut butter, polyester, perfume and petroleum can make you sick. Popcorn or coconut cake or chili peppers can give you asthma and/or arthritis. WE know that. Clinical ecologists know that. Allergy clinics know that. The people sharing our agonies know that. The Human Ecology Foundation of Canada knows that. Still the medical profession refuses to acknowledge our existence!

"I'M MAD AS HELL AND I'M NOT GOING TO TAKE IT ANYMORE!"

For my part, I'm currently attempting to find a publisher for a book I've written entitled, ENDANGERED SPECIES: Clinical Ecology - A View From the Inside, and continuing to 'lecture' anyone who's interested on the subjects of allergy and ecological illness and what they can DO about them. I've been fortunate enough to have the head of Foods and Nutrition at the University of Manitoba (Dr. G. Sevenhuysen) take an interest in the manuscript. He's currently reading it and has promised an 'honest appraisal'. I believe he has an open mind, and as an educator his view is an important one.

Of late, I have been most heartened by a CBC Television Special aired March 27, 1983, "Twentieth Century Disease", and by the "Open Letter To the Members of the Human Ecology Foundation" by Dr. Josef J. Krop, in the March/83 issue of the H.E.F. Canada Quarterly. At least SOMETHING is starting to happen to alert our fellow Earthlings to the fact that something is VERY WRONG here. I shared the comfort of knowing I'm not alone in this by reading Lynne Kolodzie's "Personal

Journey Through A Chemical Soup". The difference between us is that my psychotherapist (actually, a series of psychotherapists during the '60's) did NOT conclude that I was sane and balanced. I didn't find that out until after MY fortieth birthday, when I was finally diagnosed as an allergic person unable to tolerate her environment. All in all, I'VE never felt better in my life either!

Thank God for the likes of Dr. John G. MacLennan, who provides what little hope for sanity I have some days. Thank God for the Human Ecology Foundation too ... may your membership increase ... and may we ALL start to get a little more involved in helping ourselves and each other. Patients MUST realize that their allergy clinics are only there to HELP, they can't do it ALL. As Dr. Richard Spohn was quoted in Banff: "In God we trust, all others must present data". As patients, we can assist in the presentation of data. If we present enough of it, if we speak in our ever-stronger voice to TELL the rest of the world what it's like to be afflicted by our environment and PROVE our case, as we do in our day to day lives, eventually someone will HAVE TO LISTEN. Think about it.

Letter to the Editor:

This begins my third year with H.E.F., and I would like you to know that I have passed on some of my copies to my allergist, thinking he may find some articles useful to him with his patients. I have not heard directly from him, but I do not have a personal doctor-patient relationship with him; I get my 3 allergy shots once a month, and consult with him on a yearly basis.

This last issue was extremely helpful to me, in understanding the complexities of allergy, from infancy on into adulthood. I am 53 - but until I was 45, no one really considered that I had an illness that was real and true. I believe my problems started in infancy. No matter, I feel better at 53 than I did at 43, and much of it has been as a result of a 6 month closely scrutinized diet, with recorded elimination of the foods that I could not tolerate.

Mrs. Ann M. Vesely
6701 N. Pontatoc Rd.,
Tucson, Arizona,
U.S.A. 85718

Impressions

TO RISK

To laugh
Is to risk appearing the fool;
To weep
Is to risk appearing sentimental;
To reach out for another
Is to risk involvement.
To expose feelings
Is to risk exposing your true self;
To place your ideas,
Your dreams before the crowd
Is to risk loss!

To love
Is to risk not being loved in return;
To live
Is to risk dying;
To hope
Is to risk despair;
To try at all
Is to risk failure!

But RISK we must!
Because the greatest hazard in life
Is to risk nothing!
The man, the woman, who risks nothing
Does nothing, has nothing,
Is NOTHING!

(Author Unknown)

Courtesy of Wellington Hospice Care

YOUNG ADULT'S PAGE

A Matter For Clarification

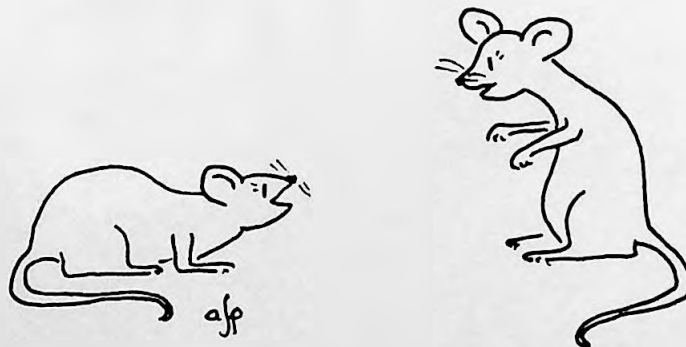
Brenda Koski

Lucky Tom Cameron possesses a gift that I and many others only dream about, the ability to handle exposures "through planning, rest, and will power".

Unfortunately, I suffer from a variety of severe reactions, rarely controllable by the methods mentioned. It is difficult to "bite the bullet" when I am having seizures. The people with whom I spend time, both socially and academically, understand and accept my problem. Most would rather put up with my occasionally embarrassing, and often disruptive reactions, than restrict me to safe activities. Safe activities, for me, would be confined to my home. Pouring a bottle of club soda over a friend's head was part of a reaction. Reactions such as this and seizures are an integral part of my life. Ecological illness should not be used as an excuse, but one must also realize that environmental sensitivity often causes uncontrollable behaviour. That is why it is essential to have friends and family who accept you for what you are, even when you are reacting, and who remember that your behaviour is simply a part of a reaction.

The trust I have in my friends and family that they will take care of me when I am reacting is equalled only by their understanding and caring.

Tom Cameron, I hope you appreciate your gift. The rest of us will continue dreaming on our roads to recovery.



"You're looking better."

"I'm feeling better. My landlord has joined the Human Ecology Foundation."

Alternative Schools

Brenda Koski

Beware! you are about to enter a time warp. The school of the future (hopefully) lies beyond a blue door and a plant-filled hall; venturing further, one finds poster-lined walls, a small locker-room, a few offices and a lounge, otherwise known as the crew's room. This is a school.

Welcome to ASE 1 (Alternative Scarborough Education). ASE 1 is an independent study programme sponsored by the Scarborough Board of Education for students of all ages for the Grade 11 to Grade 13 curriculum. It is a school for those who want to learn, but for one reason or another, are unable to fit in at community collegiates. Attendance - five days a week, six hours a day - is not required. The time spent at school is flexible depending on the subject and the student. Some studies require attendance at a specified number of student-given seminars, along with individual consultations with subject teachers to discuss assignments and difficulties. Students may come to school every day to do their work if they wish. Community contact and awareness is encouraged and rewarded with a small percentage of the total marks. The teachers are flexible and work around student needs, limitations, and interests. Lucky me, I am a student at ASE 1.

Since starting in January, I have made several friends and educated many about allergies, chemicals, etc. With only 100 students and the flexible attendance requirements, I am not under a constant assault from perfumes. Cleaning products are used to a lesser degree at ASE also. Best of all, even after a recent one-room confinement because of severe and extended reaction, I was able to maintain my work schedule in two of my three courses. The third course is being carried over until the fall when I shall resume my work on it. My marks are moving back up into the levels indicative of my ability. I have yet to hand in a French test with Spanish on it or a blank test paper. My brain is finally starting to function again, after a long sabbatical. Going back to school has not been easy, but it certainly has been worth the effort.

For me, ASE 1 is a lifesaver. Learning, friendship, self-fulfillment, and relative health; what more could I ask for? Maybe a University based on the same principles!

NOTE: There are also alternative elementary schools.

Acquiring a B.A. or a B.Sc. By Correspondence

For those of us who suffer from cerebral reactions to environmental contaminants such as cleaning product fumes, perfumes, detergent and fabric softener fumes, tobacco smoke and inks, pursuing a university degree in the normal way is frequently impossible. That does not mean that we have to give up our dream of acquiring that degree. What it does mean is that we may have to shift our intellectual focus slightly and consider an alternative means of achieving our goal.

The University of Waterloo, Waterloo, Ontario, Canada, runs the largest undergraduate correspondence programme in North America - 300 different courses. These courses are available to residents of Canada, the Territories, and the United States. The university is reputable, its staff helpful. Naturally, not all courses are offered by correspondence, but it is possible to acquire an undergraduate degree in the Arts and Humanities (Classical Civilization, Economics, English, Geography, History, Philosophy, or Psychology), in Mathematics, in Science, and in Environmental Studies (Geography). In addition, there are some courses, though not enough to constitute a degree in those fields, in virtually every department on campus. There are, for example, five engineering courses.

Correspondence courses at the University of Waterloo bring you a set of taped lectures, study notes, access to the University of Waterloo libraries through interlibrary loan, assignments which you complete and mail to the professor and which are returned to you after they have been marked, and access to the professor by mail or by telephone should you have questions or problems. You order your textbooks by mail. If you cannot, because of your sensitivities, write your examinations in the designated local centre, you may write them in your own home. You simply ask your doctor to write a letter explaining your problem, enclose your own covering letter, and mail them to the correspondence course director. You will then be asked to find an official from your community who is willing to sit with you while you write the examination. A natural resources officer sat with me for my first examination, a retired policeman for my second. A local teacher, minister or other trusted professional would also have been acceptable.

Fees are generally not prohibitive but, if required, financial assistance is available. Tuition fees are tax deductible.

Academic counselling is available free of charge. The "1983-1984 Correspondence Course Calendar" contains a listing of persons to contact for counselling in each academic specialty plus their office telephone numbers.

To acquire this calendar, write:

Correspondence Office,
University of Waterloo,
Waterloo, Ontario, Canada,
N2L 3G1

The programme runs on a three semester system. Not all courses are available in all semesters. Application deadlines are: August 12, 1983 - Fall Term, 1983
October 12, 1983 - Winter Term, 1984
February 17, 1984 - Spring Term, 1984

NOTE: Mature persons may not require a high school graduation diploma to qualify for admission to the programme.

The 17th Annual Advanced Seminar in Human Clinical Ecology

When? November 4th to November 8th (inclusive), 1983

Where? Broadmoor Hotel,
Colorado Springs,
Colorado, U.S.A.

For Whom? Any interested person

Note: The registration fee must be paid before September 15, 1983.

Registration Fee: \$125.00 (American funds) for all lay members of H.E.A.L. and H.E.F. Canada.
All medical personnel should contact
Dr. Dickey for a schedule of fees.

Room and Board: are not included in the \$125.00 registration fee. Participants will be responsible for making their own arrangements to meet special diet requirements.

Speakers: The slate of speakers has not yet been finalized.

Submit all Correspondence to:

Dr. Laurence Dickey, Director,
17th Annual Advanced Seminar in
Human Clinical Ecology,
109 West Olive St.,
Fort Collins, Colorado,
U.S.A. 80524

FUTURE SEEN FOR COURSES BY PHONE

It's "one of the hottest subjects anywhere now," according to Dr. Jack Gray, UW's director of part-time studies and continuing education. He's not talking about video games or new-wave bands. The new hot topic of conversation among businessmen, educators and doctors is teleconferencing.

Audio teleconferencing is nothing new. That's simply a fancy word for three-way or more conversation via telephone lines. But now there is an added feature - video.

People who are chatting can actually see the person on the other end of the line even if they're hundreds or thousands of miles away.

The new technology is useful for businessmen who're tired of travelling and want to save on travel costs. Larry Steinman, president of Canadian Teleconference Network Inc., told a conference of Canadian science writers in Toronto recently that a typical three-hour call could link several points in Canada and involve hundreds of people.

Medical professionals are using the new communications technique as well. London, Ontario, psychiatrists are conferring with doctors in two regional hospitals; Toronto doctors are giving advice to nurses in northern regions; and in Newfoundland a huge party line connects 37 hospitals and their health care workers.

And Canadian universities and colleges are beginning to use teleconferencing to reach off-campus students and motivate them in a way that traditional correspondence courses may not.

While regular correspondence students study in isolation, with tape-recorded lectures or notes, teleconference students get together for classes and sit around a table with microphones so they can ask questions. If the teleconference includes video, a screen or television displays the professor's face or the classroom if he is lecturing to a regular class at the same time.

Gray said UW is setting up a trial run this fall for audio teleconferencing, giving correspondence students two tutorials a term, in two or three courses. The university will start offering the technology in a couple of arts courses with an enrolment of 40 or 50. The UW equipment will have ten ports or lines so the university can communicate to ten locations.

Gray said UW is also talking to the University of Guelph and the University of Western Ontario to see if the three institutions can organize a shared facility - universities would share the cost of teleconferencing and the locations they connect with.

Eventually Gray hopes to link 150 locations through technology. "We have to get out and show people how to do it-that's been our history at UW."

The University of Calgary has a teleconference centre that offers courses in medicine, law, health, science, teacher education, business and management, personal growth and language studies.

Donald Black, of the university's education faculty, described student response to a tests and measurements course he taught by teleconference to sixteen women at five locations in Alberta. He said none of the students dropped out or failed the course. Usually an average of 40 to 60 per cent of correspondence students drop out of courses.

Teleconference students performed better than regular students, Black reported in a talk called 'Teleconferencing: a doubter looks at a special case.' What disturbed him most, he said, was that students did better without him being there in person to teach.

Students are not the only ones working harder; teachers spend a third more time than usual preparing teleconference lectures, according to Barry Ellis, a professor in the University of Calgary's continuing education faculty. He told the science writers' conference that students need to be actively engaged in activity and that they work better in groups than alone.

Ellis noted that rarely can the instructor see students, although they can see the lecturer. Many instructors find this unnerving, he said.

Age hasn't been a barrier in teleconferencing so far, Ellis said. Senior citizens are attracted to the new technology and perform well using it. Recently an 80-year-old lecturer gave a talk to senior citizens - the subject was history, of course.

Teleconferencing is not without problems. Professors can't see students and can't tell when they're dozing off and need a coffee break or when raised eyebrows and frowns mean they're puzzled.

Perhaps education by teleconference makes students more dependent on a central source - less willing to work and think independently.

"Is teleconferencing a Cadillac technology for a Volkswagen economy?" asked Douglas Myers, the part-time studies and extension director at Dalhousie University in Halifax and a participant in the science writers' conference.

Atherton Wallace, vice-president of marketing for Teleglobe Canada, said the costs of teleconferencing are coming down. In 1981, a teleconference between Toronto and London, England, cost about \$9000 an hour. This should decrease to about \$2400 by next year, he said.

Dalhousie, the University of Ottawa, and the University of New Brunswick are all teleconferencing to some extent. In British Columbia the Knowledge Network cooperates with 23 institutions to arrange audio and video teleconferenced courses. The network is funded by the provincial government and is linked to the cable television system so students can watch lectures at home or go to centres that receive the audio and video signals. About 80 per cent of B.C.'s population can tune in, said Ron Harrington, operations manager for Knowledge Network.

U. of W. Gazette, Vol. XXIII, No. 33, (Wednesday, May 11, 1983).



"I wish someone would invent a rotating diet."

ECOLOGY ON A DEADLINE

Emile Rocher

The literature on ecological construction is rife with warnings on materials to be avoided. Materials which are safe and methods for using them are harder to come by. Consequently, I would like to share some recent experiences in the development of ecological housing.

My interest in ecological housing grew out of my own and our daughter's chemical sensitivities which are apparently caused by building material exposures. I was prepared to give up the building business for a time, to take a 'detoxification' break for the whole family, while we decided what to do with our own home which has the usual blend of particle board cabinets and subfloors. These plans were interrupted by an inquiry from a Calgary family who wanted an ecologically clean home built in the Okanagan Valley. Family members were sensitive to formaldehyde, hydrocarbons, petrochemicals, cedar, dust, and every type of paint thus far tried. They felt compelled to leave their existing home immediately. They were anxious to find temporary accommodation while a house was prepared in the shortest possible time. The project was complicated by the most sensitive family member's being out of the country during the construction period and thus making material tolerance-testing impossible.

The property selected had two homes, the smaller, a one bedroom guest-house. It was decided to complete the smaller unit first to reduce the lead-time to occupancy as well as to make the first mistakes on a smaller scale. It consisted of one level over a three-foot crawl-space with a concrete frost wall. The crawl-space was contaminated with moulds in the soil and in the concrete walls. Plain concrete over 6 mil polyethylene on the floor improved the situation only moderately. 'Thoro-seal' cistern coating (available from Thoro Concrete Products in dry mix form) painted on the inside walls of the crawl space produced a marked improvement.

The plywood sub-floor was finished with lino tiles over a latex glue. The glue was water soluble and the bulk of it came off, producing very unpleasant odours in the process. Subsequent drying reduced the odour, but it seemed prudent to seal the floor with aluminum foil under the oak finish floor which was then applied. The floor was stained using tint concentrations in water. It was later found that the stain did not penetrate as deeply as might be desired and that heavy polishing removed it. Beeswax was applied as a finish coat. It was melted and applied hot with a brush, then ironed in with a regular electric iron. Then a quartz heater was used and excess wax was scraped away. A heavy commercial polisher with a medium fibre pad produced an attractive finish. While the wax is certainly a natural product, it has a complex chemistry and I would not confidently say that it would be

inoffensive to everyone. The hot application process was certainly not one that I would recommend to a chemically sensitive person. The very strong honey-wax odour did diminish with time, however, and it appeared to be well tolerated by the occupants within ten days of application. Caring for this finish is problematic; lint and dirt seemed to stick to the floor and resist broom or vacuum. Use of a wide-blade scraper followed by polishing renewed the appearance. We did not fine-filter the wax and this might account for the sticky characteristics; there might also have been residual honey.

The existing stippled ceiling was redone with plaster but the owners insisted on painted walls despite concern that it might be a problem. The baking soda in latex approach was rejected on the advice of paint chemists who said it would act as a caustic and damage the paint. A small paint manufacturer agreed to produce a trial batch of latex paint without the usual fungicides and glycol anti-freeze additives. He delayed and eventually reneged, citing concerns about shelf-life without the fungicides. We later found that C.I.L. uses sanitary plant conditions to deal with the fungi problem (in anticipation of the eventual expected ban on mercurial fungicides). We selected the C.I.L. 'super latex' and 'baked' it on the wall for an extra measure of safety. This was done with a bank of nine 100-watt floodlights mounted on a portable frame - positioned about three feet from the wall, moved every few hours, and left on fresh areas overnight. The paint did not produce a problem. I don't know whether to credit this to the paint or to the cure acceleration technique.

Kitchen cabinets were custom-built with solid oak doors and oak ply frames. Shelves were plywood with arborite on both sides applied with 3M non-flammable contact cement. Glass might have been a better choice. The wood was stained with the same materials as the floor, but efforts to apply beeswax as a finish were not encouraging. Shellac was selected for the finish, and while the methyl-hydrate solvent is toxic, it was very rapidly lost, leaving no detectable odour within a few days.

Bathroom flooring and counter tops were ceramic tile over exterior grade fir plywood, applied with L.I.P. adhesive (cement base). L.I.P. acrylic was used as a grout hardener and sealer.

Several new wood windows were installed and there was some concern over the glazing tape. The excess was trimmed off and the joint then covered with a narrow strip of foil tape which was in turn covered with a small wood trim.

Existing electric baseboard radiation was retained although extra insulation was added - fibreglass in the ceiling and foil-faced urethane 'thermax' board for the outside walls and crawl space interior. The outside was redone with stained cedar for cosmetic reasons (despite concerns about the wood itself and about upkeep of the stain).

It would seem that the project has been a success. Although the house has been occupied for only three weeks and although problems could still arise, the occupants have not encountered any problems which can be related to the structure. Since chemical sensitivity is such an individual-specific problem, everyone affected must find his own solutions, but, some of the materials and techniques may be worth trying.

NOTE:

The subject of mobile ecological housing is one which could be of benefit to others like ourselves, who are reluctant to move out of our homes or areas unless we know for certain that the move will bring improvement. The only positive proof is to make the move and it is often a major dislocation unless something temporary is available.

I would be interested in hearing from readers on the topic of mobile ecological housing. We are currently preparing a 29 foot Airstream travel trailer for our own use. It may be available for purchase or rental later in the fall. Please write to: Emile Rocher
P.O. Box 2092,
High River, Alberta.
TOL 1B0

RESOURCES

Please send your "finds" and "helpful tips" to:

Resources Coordinator,
G. JOY UNDERWOOD,
1202-1175 Broadview Ave.,
Toronto, Ontario, Canada.
M4K 2S9

Topics include: Food
Clothing
Home Furnishings
Travel
Cleaning Aids
Gardening
Educational Materials
Other

Quality Levels of Eating

LEVELS	FRUITS	VEGETABLES	GRAIN	MEAT	FISH
1	RAW FRESH	RAW FRESH	RAW & SPROUTED	RAW grass-fed BEEF and free-range CHICKENS	RAW
2	<u>lightly</u> COOKED DRIED	<u>lightly</u> COOKED (e.g. steamed, stir-fried, home-made soup & stew)	100% whole GROUND FLOURS home-baked BREADS MUFFINS CREPES etc. whole, brown RICE	grass-fed BEEF cooked free-range CHICKENS cooked	<u>fresh</u> cooked
3	COOKED CANNED or FROZEN (in its own syrup)	FROZEN COOKED	whole wheat PASTA WHITE FLOUR cottony- white commercial BREAD WHITE RICE	good quality HAMBURGER SAUSAGES HAM grain and drug forced COMMERCIAL BEEF	<u>frozen</u> COOKED CANNED (tuna, etc.)
4	PIE FILLINGS JAMS	CANNED FRENCH FRIES POTATO CHIPS COMMERCIAL STEW & SOUPS	commercial prepared CEREALS MINUTE RICE FROZEN DOUGH (pizza, bread) WHITE PASTA	DEEP-FAT FRIED LUNCHEON MEATS (salami, bologna) FRANKFURTERS CANNED MEAT	DEEP-FAT FRIED

BY DR. ROSS HUME HALL

EGGS	DAIRY	OILS & FATS	LEGUMES & SEEDS	NUTS	DRINK	SWEETENERS
farm fresh RAW (egg nog, etc.)	RAW YOGURT & MILK whole	RAW oil- bearing NUTS & SEEDS EATEN WHOLE	RAW SPROUTED	RAW	SPRING WATER RAW VEGETABLE JUICE freshly expressed	NONE
COOKED (lightly as possible) farm fresh is preferable	commercial pasteurized MILK COTTAGE CHEESE (good quality) NATURAL CHEESE YOGURT-made with live bacteria	SWEET RAW-MILK BUTTER (unsalted) UNREFINED OILS mechanically expressed no heat applied	BAKED OR COOKED just until tender	freshly made WHOLE BUTTERS	some HERB TEAS freshly expressed FRUIT JUICES	HONEY MOLASSES MAPLE SYRUP in small amounts DRIED FRUITS (eg. dates, raisins)
FROZEN POWDERED (cooked)	CHOCOLATE MILK CREAMED COTTAGE CHEESE COMMERCIAL CHEESE (coloured, high-salt) YOGURT-with dead culture	COMMERCIAL BUTTER (salted) LARD (without BHT)	PLAIN CANNED OVERCOOKED (cooked & baked in casseroles, refried, etc.)	DRY ROASTED (no additives) GOOD QUALITY PEANUT BUTTER (commercial)	FROZEN CONCENTRATED FRUIT JUICES (unsweetened) CANNED VEGETABLE & FRUIT JUICES (commercial)	LARGE AMOUNTS OF HONEY MOLASSES MAPLE SYRUP
EGG SUBSTITUTES (egg beaters) etc.	EVAPORATED MILK PROCESSED AMERICAN CHEESE FROZEN YOGURT KRAFT DINNER	COMMERCIAL COOKING OILS (eg. Crisco Wesson) MARGARINE	CANNED WITH SUGAR, OIL, and/or ADDITIVES	ROASTED IN OIL heavily salted COMMERCIAL PEANUT BUTTER contain hydrogenated oils	COFFEE TEA SOFT DRINKS FRUIT DRINKS (High C, Tang, etc.)	WHITE SUGAR BROWN SUGAR

STRATEGY for WELLNESS
and the
QUALITY LEVELS OF EATING

LIVING CELLS BEGET LIVING BEINGS

We believe that the foundation of a strategy for wellness is the establishment of a quality level of eating based on the theory that life begets life. To have life, we must, in effect, consume the life of food plants and animals for eating is but a prelude to the real function of food, nourishment of our cells. Nothing finer has ever been devised for nourishment, moreover, than other cells. Just how our cells transform the cells of other organisms into our tissue is poorly understood by scientists. Consequently, they have settled for describing the process in static terms: the amount of vitamins or proteins transferred-not any more informative than describing a political convention by counting the number of delegates passing into the hall. In devising our strategy, we must be prepared to accept some mystery about life and to draw upon the qualities nature provides in living food.

Criteria for Quality

Living Quality Should Determine Nutritional Potence

To aid you in establishing a quality eating pattern we have prepared a chart in which commonly available foods are assigned to one of the four quality levels. Quality drops steadily from the raw (unprocessed) state to the highly processed state; from the no additives state to the multi-additives state; from the natural state to the imitation state; from the state of biological diversity to that of limited diversity.

We chose four levels because they provide a degree of distinction that is useful, yet remains simple to remember. The top of the guide (level 1) is fixed by nature. The bottom (level 4), however, remains open. With the current ingenuity of the food processing system, we will soon need a level 5 to accommodate all the substitute, artificial and reconstituted foods on the drawing boards.

How to Use This Chart

We have found that the best way to improve one's eating pattern is to do it in increments. Use the "better-than" philosophy. Look at the vertical columns and see what items in your diet you can upgrade. Don't do it all at once. Try an item at a time and move it up one quality level.

If you are advising clients or patients and you despair over their level 4 eating habits, there is no point in hitting them with a raw food salad approach. Better, perhaps, to suggest items at level 3. Such foods will not seem too

strange. Any improvement can only help. If you can motivate people from levels 4 to 3, at a later date, you may be able to move them toward level 2.

For the more sophisticated person, concerned with health and vitality, we suggest a practical goal of level 1.5. We recognize the fact that most people have been brought up on a traditional cooked-food diet. The 1.5 pattern features a certain amount of raw foods every day (e.g. large salad and one or two pieces of fruit) and includes a wide variety of dishes, healthful desserts, and familiar cooked flavours that many enjoy.

THE RATINGS

LEVEL 1: The best: whole, living food

At this level all foods are living and consumed raw. Fresh fruits, vegetables and grains are alive, their enzymes churning over, their cellular architecture preserved intact, and their vitamin and mineral content at the maximum. Through sophisticated storage techniques many fruits and vegetables can be kept fresh for long periods. One has to be sensible in the selection of fruits and vegetables, however. Seek the best quality - your own senses, sight, touch, and taste are the best guide.

The level 1 pattern changes with the season. Eat what is in season and try to develop a pattern especially around what grows in your region. The conscientious will undoubtedly grow much of their own produce using methods that avoid synthetic pesticides and artificial fertilizers.

Although eating raw meats is superior nutritionally to cooked, we recognize that this is neither practical nor esthetically pleasing for most; the risk of contamination from uncooked meat probably out-weighs the nutritional advantage. For this reason, individuals wishing to eat strictly at level one will likely eat a non-meat diet.

LEVEL 2: Second best: minimal interference with full potency and naturalness

All vegetables, fruits, meat, and fish are obtained fresh. Cooking is kept to the absolute minimum. For example, vegetables should be lightly steamed, "dry" cooked (i.e. no water added to the pot) or rapidly stir-fried. Meat may be part of the pattern of level 2 eating, but it should not dominate. Include a wide selection of muscle and organ meats in addition to some fish and naturally raised poultry.

Baked goods are made from whole wheat and other 100% whole grains. Grains, as much as possible, are obtained from producers who do not use chemical herbicides and pesticides. (These poisons collect in the soil and are picked up by the plant.) Grinding grains immediately before use increases the nutritional and taste values considerably. Much baking is done at home - unless a small bakery

using high quality ingredients can be found. The larger commercial bakeries do not prepare goods at this quality level.

Cooked lentils, dried beans (several varieties) will often be used in lieu of meat. Farm fresh eggs, unadulterated dairy products, real cheese, will help to round out the diet.

Food preparation is all done at home. Food is cooked minimally and eaten immediately. Storage and reheating of left-overs reduces the quality level considerably and often produces undesirable compounds (such as nitrites in left-over vegetables).

When dining out, the level 2 eater seeks restaurants that prepare meals to order from fresh ingredients. Avoid restaurants that warm up previously cooked dinners pulled out of the freezer or cooler.

LEVEL 3: Emphasis on Lifeless Materials a Long Jump From Biological Quality

Considerable food preparation is done at home, but the starting ingredients are most often canned or frozen and some convenience foods are used. To our dismay, this method of cooking is that which is usually taught in schools. There is a tendency to reheat left-overs and to allow over-cooking.

Baked products and pasta made from white flour and white rice dominate the grains eaten at this level. The level 3 diet will probably be strong on meat.

When dining out, level 3 eaters patronize chain restaurants, rich in rustic decor, that serve reconstituted, micro-waved meals.

LEVEL 4: Dead End: Edibles Invented with Man's Play Chemistry

All foods consumed have been manufactured and arrive home in boxes, cans, bags and bottles. Canned stews, canned spaghetti, processed cheese, toaster pop-tarts, margarine, TV dinners, copious quantities of snack foods, soft drinks, store-bought cakes, sweet rolls, donuts, ice cream, and frankfurters star in this diet.

Eating out occurs primarily at fast-food establishments. The overall diet is rich in salt, processed fat, refined sugar, refined flour, food additives and substitute foods. There is limited biological variety because, regardless of the package form, the contents are all manufactured from the same few raw ingredients. At the molecular level, great harm has been done by the processing procedures.

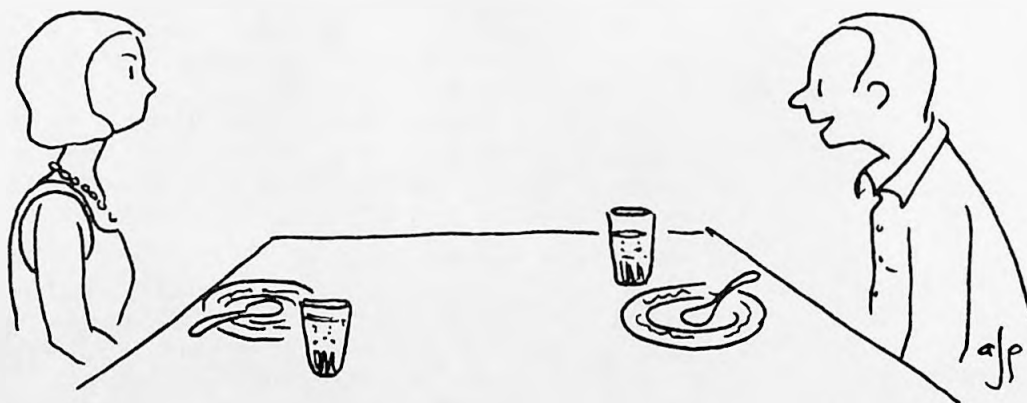
The level 4 pattern results in a high level of stress on the body's cells. Cellular processes are forced to cope with inadequate and unbalanced nourishment, to detoxify the added chemicals and to eliminate the large number of foreign molecules (as in trans-fatty-acids) as well as large amounts of salt. The stress on the cells eventually takes its toll and level 4 eaters are the people who suffer disproportionately high levels of health disabilities.

FINAL COMMENT

The essence of quality eating lies not just in the individual food choices, but also in the rhythm of the whole dietary pattern. We have listed individual items, but expect that common sense will be used. Raw carrots, for example, are at quality level one; a diet of nothing but carrots would hardly be considered level one eating. Diversity is important in achieving levels one and two; it is decreasingly important for levels three and four. At level four, for example, the choice between a one-pan-dinner mix and a frozen pizza is meaningless. Such highly processed foods are constructed from the same few basic ingredients and the same multitude of additives. These foods provide no rhythm whatsoever.

The entire thrust of nutrition research and advice has been towards establishing the proper amounts of selected components, of the parts. In seeking wellness through nutrition, we must re-direct our attention to the total diet. The message from McCarrison's studies is as valid today as it was 60 years ago; it is the total quality of the diet that counts.

En-trophy Institute Review, Vol. 2, No. 6, Nov.-Dec.'79 - Jan.'80.



"That can't have been very nutritious, it tasted far too good."

MY VIEWS ON BASIC NUTRITION

THE SURVIVAL OF THE FOOD ALLERGIC PERSON

Introduction

As a Gastroenterologist (1961), I gradually realized that our health is dependent on our food intake or diet. I also realized that how we prepare our food is important. "Good Nutrition" is one of the keys in the pursuit of Wellness, as are Exercise, Learning how to cope with Stress, and Spiritual Guidance.

What are the "Basic Principles of Good Nutrition?"

Certainly not the average North American diet as it now exists. I was originally taught about "Canada's Food Guide" of five food groups, now contracted into four groups: (a) Milk and milk products (b) Bread and Cereal Grains (c) Meat and Alternatives (d) Fruits and Vegetables. No mention was made of herbs, spices, salt, water, or cooking methods and utensils. Since I am "allergic" to dairy products and most of the cereal grains, could I survive on only half of the essentials in the Food Guide? Of course I can, and so will anyone else.

How Best to Prepare These Meals

To the rescue came Dr. Ross Hume Hall who divided our diet according to its individual components: fruits, vegetables, grains, meats, fish, eggs, dairy products, oils and fats, legumes and seeds, nuts, drinks and sweeteners and graded them according to their quality. Level 1 is a raw fresh apple, level 2 is a lightly cooked or dried apple, level 3 is a cooked, canned or frozen apple in its own syrup, level 4 is apple pie filling or apple jam. With man-made processing, a good food can be so changed that it loses most of its vitamin and mineral content and hence its nutritional value and because of the addition of additives, preservatives, colours and flavours, contributes greatly to bodily stress. A fresh apple or apple pie, what's your choice going to be?

What we do to our food, does make a difference. Raw foods, if tolerated, are still the best. If cooking a food is necessary for survival or for nutritional gain, how are we best to do this? Steaming and Wok cooking have withstood the test of time. Glass cookware is best but enamel-ware and stainless steel cookware are also acceptable. Avoid aluminum and teflon-coated utensils. Avoid microwave radiation and high temperatures. Crock-pot cookers are safer than pressure-cookers. Initially, avoid salt and herbs until these are individually tested for safety or compatibility. Do the same with oils and dressings. Traditionally, man has eaten a simple diet. It is only those new additions to our "civilized" diet that have created the problems. Your taste-buds will soon adjust, and your body will be rewarded with increased

vigour once you have overcome the addictive phase of adjustment. Gourmet cooking looks great, but not when you have to be ill to enjoy it.

Herbicides and Pesticides

Contamination by herbicide and pesticide residues can divide even our best foods in level 1 into "safe" and "unsafe" for the chemically sensitive person. Furthermore, "organic" or less chemically contaminated foods grown on natural soils are nutritionally superior to and provide more vitamins and minerals than their commercial counterparts. Even if you are not chemically sensitive, therefore, it makes good sense to "eat organically" whenever you can, and to eat at levels 1 or 2 if you possibly can. That is how our ancestors ate and our 20th century bodies still need a 19th century diet.

What About the Concept of "Biochemical Individuality"?

Dr. Roger Williams developed this concept in his textbook Nutrition Against Disease. We are all as unique as our fingerprints. No two of us are alike. How, therefore, can you devise a diet that will suit everyone as do Weight Watchers, Pritikin, Scarsdale, F-plan and many others? We all have different requirements, tolerances, and sensitivities; some of us need more of one nutrient than of another. Some of our enzyme systems have been so injured by chemical contamination, or by our heredity or our previous poor diets that we require special consideration. Some of us have become so nutritionally depleted over the years that we need certain mineral replacements or fortifications. A small number of us have been contaminated by toxic minerals from various sources, (Eg. occupation, accident or hobbies), and need special treatment. Your diet must be your own.

What About the Symptom of "Reactive Hypoglycemia"?

Reactive hypoglycemia has been wrongly elevated to the status of a disease. I believe it to be another manifestation of our bodily reactions or sensitivities, an expression of our "allergies". With proper diet selection and necessary nutrient supplementation, based on analysis, the symptoms soon abate.

What About Natural Toxins in Foods?

The natural toxin we are most concerned about is "Solanine", found in the Nightshade family: potato, tomato, green and red peppers, eggplant, paprika, and tobacco. Research by Dr. Childers revealed that as many as two-thirds of all "Arthritics" are adversely affected by these foods. For those affected, there must be strict avoidance of this whole family of foods.

Conclusions

- (1) There is no single diet for everyone.
- (2) Our sedentary society requires only two good meals a day, plus a small snack at the end of a day's work. Ideally, we should eat a good breakfast and lunch and a light supper.
- (3) We need two basic protein sources a day.
- (4) We need as many vegetables (at least three per day) as we can acquire. Since vegetables are generally lower in sugar content, they are more generally tolerated.
- (5) We need a few fruits each day, if possible.
- (6) If you can tolerate nuts, seeds and grains, they become a welcome bonus to add depth to a basic diet.
- (7) If you have a yeast or "Candida" problem, which has become one of the scourges of the 20th century, then you must avoid dried fruits, highly sugared foods, and all sources of yeast and mold (fermented foods).

Thus, in our search for wellness, we must examine our individual sensitivities, find our most tolerable foods and work these into a "Rotary Diversified Diet", prepare our foods in their most nearly natural state, avoid adulteration and add salt, oils and herbs only if they are safe.

I have deliberately not discussed dietary supplements. This is a topic unto itself. These supplements include amino acids, vitamins, minerals, and fatty acids, all essential to our survival. As essential as they may be, one must examine their source and treat them as a food even though they are touted as natural substances for they may cause allergic reactions and may have to be taken on a rotational basis.

With this general overview, I wish you all Bon Appetit and Good Health.

Irvine A. Korman
M.D., F.R.C.P.(C)



ALLERGY SUBSTITUTES

Lise Colley

The word I seem to hear most often these days is, "HELP!" It comes from people who have just found out that they will have to learn to deal with food allergies. Now, this may not sound like such a big deal, but, what does one do when the allergies involve the staples of the North American diet: milk, corn, wheat, eggs, and good old sugar? What does one do when the allergies involve chemicals, for there are enough chemicals in to-day's foods to embalm us.

I know how people with allergies feel. I have been there myself, not with one child, but with all four of my children. Their allergies have involved foods, chemicals, and even some substances produced by nature. Once I had the chemical and nature allergies almost licked, I then had the foods problem to solve. Take my word for it, there are many things to eat other than the so-called staples. The key word is "substitute".

Steps to Revising Your Diet

- (1) Don't go out and buy all new cookbooks. These new cookbooks will only confuse you and they will also cost a lot of extra money. Your own cookbooks contain many of your favourite recipes. Rewrite these recipes by substituting new ingredients for the trouble-makers.
- (2) You are unique. Because we all have different allergies, you must find a specific program that suits you and your family.
- (3) Finding enough protein is a problem. The most common allergy diet program is the Five-Day Rotation Diet. This diet becomes quite complicated when you are allowed only two or three meats. Protein provides the building blocks of your body; it is the only nutrient that your body cannot manufacture on its own. Many people will substitute soy products for meat as a source of protein. Remember: all soy and legume products are incomplete proteins. To provide complete protein, they must always be eaten with a grain or with seeds. The grains and seeds (example, sunflower and sesame) contain the missing amino acids which are needed to make soy and legumes complete proteins. If you are serving a bean dish, therefore, have seeds or grains - possibly in the form of bread or rolls or in the form of a salad with seeds scattered in it or in the dressing. Sesame seeds work well for this purpose.
- (4) Carbohydrates are a problem. Fruit juice at the beginning of a meal and a dish of nice fresh peaches at the end, what a healthy way to eat! Right? Wrong! Carbohydrates should never be mixed with proteins. Fruits are high in carbohydrates and should be eaten on an empty stomach. Fruit juices should always be diluted by at least half, for a glass of pure juice

may contain as much carbohydrate as six apples. Certainly a person could not eat six apples at one time without experiencing discomfort.

- (5) NO MILK, NO JUICE, what do I drink? I drink herbal teas such as peppermint, hibiscus, and rose-hip or mixtures or blends of herbal teas. Hibiscus, hot or on the rocks with slices of fresh lemon and a touch of honey, for example, is lovely. When our kids' friends come in for a drink, we serve this and to this day they are trying to figure out what kind of Kool-Aid we use.
- (6) Sugars should be eliminated even for people not on a diet because they provide nothing but empty calories. Sugar comes in many forms; just because the label does not say "sugar" does not mean sugar is not present in the product. If a word ends in "ose" or "ase" (dextrose or lactase), sugars are present. Honey and maple syrup are sugars, but they are a complex sugar whereas the others are simple sugars. Complex sugars can be absorbed by your body without leaching out other important nutrients. Simple sugars cannot be assimilated without robbing your body of nutrients.

(7) Baking

(a) Without Sugar

When substituting honey or maple syrup for sugar, make sure that the honey is unpasteurized and that there is no formaldehyde in the maple syrup. The formaldehyde is not added directly to the syrup but is used in tablet form to sterilize the draining spigot and the pipeline systems. Cut the amount of sugar your recipes call for in half when using maple syrup or honey ($\frac{1}{2}$ cup honey = 1 cup sugar). You are thus cutting your sugar consumption in half.

Note: (i) Fructose is not any better for you than white sugar. At one time fructose was made mainly from fruit sugars, but 99% of fructose is highly refined corn sugar or a by-product of white sugar.

(ii) Brown sugar does not contain molasses. It is white sugar with caramel added for flavour and colour.

(b) Without Milk

Milk is not indispensable. Substitute either nut milk or water or leave it out altogether. Nut milk works well for puddings. To make nut milk take $\frac{1}{2}$ cup of nut pieces plus 2 cups of water and liquefy in a blender. Rice pudding actually tastes better done this way.

(c) Without Eggs

Substituting for eggs in baking is not hard at all. You may use an egg substitute, but, if wheat is also

a problem, one must be careful that the powder does not contain wheat. A really good egg substitute is made from flaxseed (linseed).

Method: (i) Place 3 cups water in a saucepan.
(ii) Add 1 cup ground flaxseed.
(iii) Bring the mixture to a boil.
(iv) Turn down heat and simmer for 3 minutes.
(v) Cool mixture.
(vi) Store in refrigerator.

One tablespoon of this mixture equals one egg. The mixture may seem mucousy, but, if you think about it, so does an egg.

(d) Without Wheat

For a wheat-free, all-purpose flour, use equal amounts of the following flours: rye, barley and oats, or rye, barley and millet. If gluten is a problem, however, then you must use only soy, rice, potato and corn flours.

(e) Without Butter or Commercial Shortenings

For one cup butter or shortening substitute 3/4 cup oil of your choice.

Helpful Baking Hint

For cakes, cookies and muffins, mix dry ingredients thoroughly. Then, in a blender, mix together all the liquid ingredients until the mixture is light and creamy. (Mixing the liquids together whips air into the mixture and makes the product lighter.) Add the liquid mixture to the dry ingredients and carry on as usual.

Popular Recipes

1) Jello A person can make jello without using "Jello".

Method: 1) Pour 2 cups of any pure fruit juice into a saucepan.
2) Stir in 1 level teaspoon of agar agar (a seaweed) powder.
3) Bring to a boil.
4) Reduce heat and simmer for a few minutes.
5) Pour into bowl or molds.
6) Let stand one hour. Does not require chilling.
7) Serve with tofu cream

2) Tofu Cream (Use instead of whipped cream)

Method: Mix in blender until smooth: 4 squares tofu
1 tablespoon vanilla
2 tablespoons maple syrup

3) Cheese-Cake

- Method: 1) Add juice from $\frac{1}{2}$ lemon to tofu mixture.
2) Put mixture into a graham pie shell.
3) Bake 20 minutes at 350° F.

Vegetarian Chili

2 cups cooked kidney beans	1 tsp. ground cumin
1 tin V-8 juice (or home processed tomato juice)	1 tsp. basil
4 cloves garlic	1 tsp. chili powder
1 $\frac{1}{2}$ cups onions	1 cup bulgar (precooked Cracked Wheat)
1 cup chopped celery	1 tin tomato paste
1 cup chopped green peppers	2 tbsp. oil
1 can tomatoes	

- Method: 1) Put V-8 juice in saucepan and bring to a boil.
2) Stir in 1 cup of bulgar; cover and remove from heat.
3) In large saucepan, heat oil and sauté onions and garlic until golden. Add celery and green peppers and stir until well mixed. Put in remaining ingredients and bring to a boil. Cover and let simmer for 5 minutes.
4) Add bulgar and V-8 mixture and cook for $\frac{1}{2}$ hour.
5) Serve.

Note

Gardening

To prevent worms in onions - crush eggshells, put in rows before planting onion sets.

Wood Finish

"Right On" made by Pace Chemical Inc. is made from milk protein. Even though it smells terrible in the can, it seems to leave no noticeable smell after using.

Available by mail from: Peter M. Philhower
P.O. Box 475,
Frazier Park,
California. 93225

Caution: Test it on a small sample before using it on various furnishings.

SUBSTITUTE FOODS

Excerpt from "NATURAL FOODS COOKBOOK"

G. Joy Underwood

© January, 1983.

Note: This is a partial list only.

FILLERS/STARCHES

Note: If allergic to tapioca, one must be careful with yeast and choose a yeast without a tapioca base.

Taro - The name taro covers a group of plants which are cultivated in the tropics and subtropics for their edible starchy tuberous roots. They are called by different names depending on their locality. Colocasia esculenta or dasheen is one variety which has a brownish, ridged, turnip-shaped root and light or purple-tinged flesh. Its flavour is bland. It is used as a cooked vegetable and ground into flour for breads. In the Pacific and Hawaii, taro is eaten mostly in the form of poi, a thin sticky paste of boiled taro that has been peeled and pounded into a paste with a little water before lightly fermenting for a day or two. Poi is easily digested and, therefore, often used as an infant and invalid food. Taro has to be thoroughly cooked to destroy a certain natural acidity which can be, depending on the variety, highly toxic. Different forms of taro have edible leaves, which also must be cooked to remove their toxicity. Taro also produces small greenish-white sprouts used in Oriental cooking. Taro root can be cooked whole, either baked or boiled (unpeeled) and then used as you would potatoes. Some people add it to soups as a dumpling.

Lotus - The seeds and roots of the wild lotus plant can be used. When roasted, the seeds become deliciously nutty, and the cooked roots provide starch. The lotus roots are best used when young. They can be boiled whole, scraped and mashed, dried to make a flour, or scraped and sliced and added to soups. Sliced lotus root is used in many Oriental dishes much as water chestnuts are used. Lotus root is grown as a commercial crop in the Far East and in Hawaii, where it is shipped fresh to Oriental markets in North America during the late summer and fall. It is also available sliced and preserved or in a sweet soy sauce. The canned seeds are also found in Oriental stores.

Nutritional Value for Lotus Root - contains vitamin B₁, B₂, niacin, vitamin C, phosphorus, calcium, and iron.

Malanga - This is another tropical vegetable cultivated mainly for its starchy roots, but also for its foliage which serves as a potherb. Malanga is often confused with

taro, a different botanical family. Its taste lies somewhere between a sweet potato and a white potato, and it contains more starch than either. The root should be boiled or baked first because it is acrid, but after that it can be treated like any potato. The little tubers can be used like new potatoes. They may be found in stores featuring Caribbean foods.

Potato Flour and Starch - Potato flour is made from white potatoes that have been peeled, cooked, mashed, dried and milled. Potato starch is made from the liquid that remains after the potato flour has been made. It has the texture of cornstarch and can be used for thickening dishes.

Water Chestnut Starch - This can also be used to thicken gravies, soups, and other dishes. It also may be found in some Oriental food stores.

Nutritional Value for Water Chestnuts - contain vitamin B₁, B₂, niacin, vitamin C, sodium, phosphorus, potassium, calcium, iron and magnesium.

Excerpt from BOOK III - FOOD ALLERGIES: MORE FAVOURITE RECIPES
G. Joy Underwood
© March 1982.

STAPLES

I MILK

Evaporated milk often has stabilizers added. Condensed milk usually contains sugar.

Milk Substitutes

Any of the following can replace milk in recipes: soy milk, coconut milk, nut or seed milks, banana milk, potato or other vegetable water, goat's milk, fruit juices or water.

Coconut Milk - is made by puréeing in a blender $\frac{1}{2}$ cup coconut meal in 1 cup water;
1 cup = 1 cup cow's milk.

Potato Milk - Dice a potato into a blender and add warm water (about $\frac{1}{2}$ cup) and blend.
1 cup = 1 cup cow's milk.

Zucchini Milk - Blenderize the inside of zucchini with small amount of water to form consistency of cow's milk. Use cup for cup.

Vegetable Cooking Water - Use the same amount as milk called for in recipe.

Fruit Juices - especially pineapple, orange and apple.
Use the same amount of juice as milk
called for in recipe.

Lemon Juice - use 1 tablespoon lemon juice with $\frac{1}{2}$ tsp.
baking soda and 1 cup water for every
cup of milk.

Water - use cup for cup as in recipe. Some people
add 1 tbsp. fat with each cup of water used.

Nut or Seed Milk - is made by puréeing $\frac{1}{3}$ to $\frac{1}{2}$ cup
of nuts or seeds in 1 cup of water in a blender;
1 cup = 1 cup cow's milk. Nuts such as cashews,
walnuts, sliced almonds and brazil nuts are
good. Seeds such as sunflower and sesame work
well.

Banana Milk - Blenderize $\frac{1}{2}$ to 1 small banana in 1 cup
water to form the consistency of cow's
milk; 1 cup = 1 cup cow's milk. Use
banana milk right away - do not store
for future use.

Note: This is a partial list only.

Nutritional Information

Calcium - Calcium needs acid for proper assimilation. If
acid in some form is not present, calcium is not
dissolved and it cannot be used by the body. To
function properly, calcium must be accompanied by
magnesium, phosphorus, and Vitamins A, C and D.

Some good sources of calcium (other than dairy products)

Foods: apricots, figs, cabbage, celery, cauliflower,
spinach, beets, bran, raw egg yolk, lemons, onions,
cranberries, radishes, dates, string beans, endive,
cucumber, shrimp and other shellfish, alfalfa,
oatstraw, Irish moss, comfrey, horsetail, and lobelia.

Supplements: bone meal and dolomite are good sources of
calcium, but make sure they are lead-free.

RECOMMENDED AND/OR NEW BOOKS

G. Joy Underwood

Barkie, Karen. SWEET AND SUGAR FREE. St. Martin's Press.
(Karen is the diet co-ordinator for the Feingold Assoc. in the United States; the recipes use no sugar or honey).

Dadd, Debra Lynn & Alan S. Levin, M.D. A CONSUMER'S GUIDE FOR THE CHEMICALLY SENSITIVE. (\$16 + \$1.00 postage in U.S. funds). Order from: Alan S. Levin, M.D.,
450 Sutter, Suite 1138,
San Francisco,
CA 94108

De Crosta, Anthony & Dan Looker. PESTICIDES AND YOUR HEALTH.
Rodale Press.

Norwood, Christopher. AT HIGHEST RISK, ENVIRONMENTAL HAZARDS TO YOUNG AND UNBORN CHILDREN. McGraw-Hill.

Ott, John. LIGHT, RADIATION & YOU - HOW TO STAY HEALTHY. Devin-Adair. 1982. (John Ott presents his latest findings on everyday health hazards and what to do about them. Some startling new evidence will cause many people to think twice about everyday exposures and the environment in general. The book offers practical advice on minimizing environmental hazards and maximizing the benefits of certain elements. As Dr. Fritz Hollwich points out in his introduction, ... Dr. Ott's work merits the full attention of the public.)

Shakman, Robert A. POISON-PROOF YOUR BODY - FOOD, POLLUTION & YOUR HEALTH. (If not available in local stores, this book can be ordered from Aurora Book Companions, Box 5852, Denver, CO 80217 for \$5.95 + \$1.00 postage in US funds).

Underwood, G. Joy. NEW SERIES OF ALLERGY HANDBOOKS.

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Discounts are available for bulk orders. Other publications available.

Van Den Bosch, Robert. THE PESTICIDE CONSPIRACY. Doubleday.

Yoder, Eileen Rhude. A GUIDE FOR AN ALLERGEN-FREE ELIMINATION DIET. 1982. (Includes over 100 recipes) Available from: Healthful Living Publishers, P.O. Box 563, Goshen, IN 46526. Price \$8.95 + \$1.50 postage/handling in U.S. funds. Ask for a list of their other publications.

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Cambridge, Ontario.
N1R 2R6
Tel. 519-623-4467

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COST: \$15.00 + U.S.: \$5.00 (mailing and handling)
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